

## Nehemiah Teams

### Edge of Lostness Explorer Packing List



#### Clothing:

- Men: Most national men will wear slacks with a button-up shirt anytime they are in public. As much as possible, it would be good to dress the same. Lightweight khakis & short sleeved collared shirts are acceptable. Knee length shorts are acceptable for recreation/tourist activities but not ministry activities.
  - 3-4 pairs of pants
  - 1-2 shorts
  - 6-7 shirts (t-shirts & a couple nicer casual shirts for church/other events)
  - Underwear
  - Pajamas
  - Light weight/easy to slip off sandals, boots, or tennis shoes

#### Other items:

- Bible and journal
- Travel size toiletries
- Lightweight portable charger
- Dry bag
- Rain jacket
- Ballcap (optional)
- Sunglasses
- Deodorant
- Insect repellent/bug spray
- Any specialized medications you might need. Normal medicine & first aid supplies are usually easy to find in India
- A pack of baby wipes/dude wipes
- Water bottle
  - You can buy filtered water almost anywhere in India. If you'd like to bring your own filter, a LifeStraw is a great lightweight filtering option.
- Sunscreen—especially face sunscreen if you usually use this when outside
- Cheap flip flops for around the hotel/shower—can also be bought in India if your feet are small, and many hotels provide them (used!)
- Thin top sheet as most hotels don't have them...depends on your germaphobe-ness. You can purchase a sleeping bag liner on Amazon that packs down small
  - <https://a.co/d/0avGfOPu>
- India voltage is 220 and most places have the [o o] plug style (Type D). You may want to bring an adapter for US-India plugs or buy a charger upon arrival. Remember that adapters are not the same as voltage converters.
  - <https://a.co/d/02gl4Y4s> Amazon adapter
- Pictures of family & friends to show
- 3-5 small gifts (like a T-shirt, key chain, etc) from your state or university to give as gifts to friends and translators
- Small flashlight or headlamp for when the power goes out
- Additional photo ID other than passport (drivers license/student ID/etc). Make a photocopy of your passport to put in your checked baggage.
- Additional copies of your COVID vaccination card and insurance information (this is currently not required, but good to bring if you have it). **Ask supervisor about this.**

**Packing information:**

- You will be issued a backpack/duffle bag by Nehemiah Teams to use as your checked piece of luggage. The size of the bag is 4300 cubic inches or 70 liters. The cost for using this bag is included in your field expense. You will get the bag upon arrival at orientation and re-pack your belongings for the summer. There will be space to store your personal bag & any extra items you choose to leave behind during the summer. If you can't get it all in that... then you've got too much! You will be able to wash almost every day (you will be washing by hand).
- *Note: Domestic Travel in India only allows 15 kg (33 pounds) for a checked bag.*
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.

**Orientation/debrief items:**

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, lightweight blanket/sleeping bag, small pillow (no electricity on site for blowing up air mattresses)
- Outdoor bathing stations: All students will need dark colored shorts & shirts to wear while bathing. Flip-flops recommended.
- All students need a towel for bathing.
- Personal water bottle (recommended 1 qt capacity)
- Headlamp/flashlight
- Watch w/ alarm or battery-operated alarm clock
- Rainjacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes
- Basic personal first aid kit